



Tools For Action

A sample of physical education initiatives in Wisconsin

Fit for Life

Contact Information

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Program Information

Program Name Fit for Life
Program Category Use of technology
Grade Level Elementary School (K-2); Elementary School (3-5)
Assessment Method

Program Information

Products Developed or Materials Used:

Program Description:

I have a group of students come in on Tuesday nights that I have hand picked as needing a little more encouragement when it comes to fitness. We do a variety of different activities from step aerobics, to resistance training, to playing games, to playing with Dance Dance Revolution and Eyetoy. It has been a wonderful program and the kids are very faithful coming to class. I award the kids with incentive prizes for attendance that have a health-related theme. The DDR and Eyetoy have been big hits and we have now expanded those activities to all recesses during the day to introduce them to the rest of the student body. There have been many kids who have since gone out and bought the technology themselves for their PS2 at home. This technology was made possible by WAHPERD through their grant program and it was been a HIT!!!!!!!!!!!!

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)